

HIGH FOCUS

Activate Lucid Thinking

Beta Brainwave Frequencies and Ambience

When you want to be alert, lucid and at peak performance, just slip on your headphones and listen to *High Focus*. Pure and precisely tuned sound waves gently guide brain activity into the specific brain patterns that allow rapid access to high-performance brain states for quick thinking and deep concentration.

Pure, high beta window frequencies trigger high-powered, high-performance brain states ideal for quick thinking and deep concentration. This program may be used while you work, study or write. Psychiatrists and therapists have reported that *High Focus* is beneficial for the treatment of Attention Deficit Disorder. Athletes and sports trainers say it is excellent as a prep tape for physical activities that involve hand-eye coordination, such as tennis or golf. It's also a great program to use to refresh and stimulate your mind after long hours of traveling.

Clinically Proven Method

This program balances right and left hemispheres of the brain to produce the remarkable mental state known as Hemispheric Synchronization. A special feature of Brain Sync technology is the use of scientifically researched frequencies called Window Frequencies, which fit through narrow biological windows to impact the body at a cellular level. Long-term benefits include increased ability to focus, enhanced cognition and greater concentration for extended periods of time.

Instructions for Listening

You can use this program while working or studying, or concentrating on any task that requires focus and attention. *High Focus* is not recommended for use before bed or anytime you need to relax. Track One delivers non-distracting music with 40Hz Beta Waves. Track Two blends ambient sounds with the same powerful frequency. For maximum long term benefits, listen daily for a period of six to eight weeks – or after as needed.

**To experience the brain optimizing effects of this program,
listen with headphones.**

BRAIN  SYNC

To receive a catalog or for more information call

800-444-SYNC

or visit our web site for secured credit card processing:

www.brainsync.com